

How to register:

Please see pages 2-3 for directions, for registration and for registration forms. Senior Center registration by Touch-Tone and Internet begin on **Thursday, May 18th**. Walk-in, mail-in, fax and non-resident registration begins on **Thursday, May 25th**. All classes begin the week of **June 19th** and run 10-weeks, through the week of **August 21st**, unless otherwise noted. All information is subject to change. **There will be NO CLASS on Tuesday, July 4th in observance of Independence Day.**

Granite Reef Senior Center

(GRSC) Phone (480) 312-2375 - Fax (480) 312-7979

Via Linda Senior Center

(VLSC) Phone (480) 312-5810 - Fax (480) 312-5815

Paiute Neighborhood Center

(PNC) Phone (480) 312-0040 - Fax (480) 312-0010

Valley of the Sun Jewish Community Center

(JCC) Phone (480) 483-7121

Exercise and Health Courses

Aerobics - Warm-up, stretch, hi/low impact cardiovascular activity, muscle toning and stretching exercises are all included. Modifications and encouragement to work at your own level. **Courses at Via Linda 12 weeks.**

55931	GRSC	MWF	8-9a	\$70/\$105	Alfraid
55800	VLSC	MWF	7:45-8:45a	\$70/\$105	Robertson
55801	VLSC	Sa	7:45-8:45a	\$47/\$71	Alfraid
55802	VLSC	M	5:30-6:30p	\$47/\$71	Stuart

Body & Mind - Class combines aerobics with beginning yoga techniques. Whip your heart, body and mind into shape while having a great time. The aerobics portion of the class focuses on a cardiovascular workout. The 2nd half of class will consist of yoga, stretching and developing strength and flexibility.

55934	GRSC	MWF	9:30-10:30a	\$70/\$105	Alfraid
-------	------	-----	-------------	------------	---------

Body Toning - All levels welcome. Class emphasis is on strength, toning and flexibility. Hand weights and stretch bands are used. **Course is 12 weeks in length.**

55804	VLSC	T&Th	7:45-8:45a	\$61/\$91	Madden
-------	------	------	------------	-----------	--------

Chair Aerobics - Chair Aerobics class will perform exercises while sitting in a chair, or using the chair for balancing. Exercises are designed to improve flexibility, strength and balance without the impact and stress of traditional aerobic exercises.

55799	VLSC	M&Th	9-10a	\$52/\$78	Marlais/Madden
-------	------	------	-------	-----------	----------------

Personal Fitness - Certified personal trainer/comedian, Alan Bockal keeps the class laughing. Class includes stretching, weights and keeping a health log.

55950	GRSC	M&F	10-11a	\$46/\$69	Bockal
-------	------	-----	--------	-----------	--------

Pilates & Stretch - Practice a series of mat exercises that are developed to strengthen the core of the body (abdominals, low back, and hips), increase flexibility, and improve posture. Participation will help in developing mindful awareness of movement. All ages welcome. There is no drop-in attendance for this class.

55952	GRSC	W	11a-12p	\$38/\$58	Alfraid
-------	------	---	---------	-----------	---------



Tai Chi, Beginning - A slow, graceful, rhythmic exercise, which promotes good health and improves balance and concentration.

55963	GRSC	Th	9-10:30a	\$33/\$49	Isaacson
55874	VLSC	Tu	11:30a-12:30p	\$33/\$49	Williams
55873	VLSC	W	9-10a	\$33/\$49	Navarro
55875	VLSC	W	11a-12p	\$33/\$49	Isaacson

Tai Chi, Intermediate - Continuation of beginning Tai Chi, for more advanced students.

55876	VLSC	F	9-10:30a	\$44/\$67	Isaacson
55877	VLSC	F	11:30a-12:30p	\$33/\$49	Williams

Yoga, Beginning - Strengthen, tone and align your body, release tension, restore vitality and improve posture. **Courses at Via Linda 12 weeks.**

55967	GRSC	M	11:30a-1p	\$38/\$58	Zumbrunnen
55969	GRSC	M	5:30-7p	\$38/\$58	Andrade
55883	VLSC	M	10:30a-12	\$62/\$93	Hayden
55885	VLSC	Th	10:30a-12p	\$62/\$93	Hayden
55884	VLSC	Th	5:30-7:00p	\$62/\$93	Smith

Yoga, Intermediate - For advanced students or those who have taken beginning Yoga. **Courses at Via Linda 12 weeks.**

55886	VLSC	M	9-10:30a	\$62/\$93	Hayden
55887	VLSC	Th	9-10:30a	\$62/\$93	Hayden

Art Courses

Acrylic/Oil Painting - New and continuing students will learn techniques using acrylic or oil paints. Learn to develop a portrait, landscape, floral, abstract, or a non-representational form with ease.

55927	GRSC	Tu	9a-12p	\$70/\$105	Wrobel
55928	GRSC	Tu	1-4p	\$70/\$105	Wrobel
55796	VLSC	Sat	9a-12p	\$70/\$105	Murphy
55797	VLSC	M	9a-12p	\$70/\$105	Murphy
55795	VLSC	F	1-4p	\$70/\$105	Gulino
55798	VLSC	Tu	5:30-8:30p	\$70/\$105	Wrobel

Color Workshop - This course will teach you successful color mixing and color theory. Learn how to really see color and how to use color to achieve depth, balance, harmony, and unity in your work, whether it is a painting, drawing or a photograph.

55888	VLSC	M	1-4p	\$70/\$105	Gulino
-------	------	---	------	------------	--------

Drawing I - Focus of the basic fundamentals of drawing. Emphasis is on composition, proportion, perspective and rendering techniques in pencil and charcoal media. Students learn to see as an artist sees a unique visual capability.

55815	VLSC	Tu	1p-4p	\$70/\$105	Consalvo
55817	VLSC	M	5:30-8:30p	\$70/\$105	Consalvo

Drawing II - Charcoal, colored pencils, pastels, and every drawing medium is accepted. Create and explore your personal expression with weekly exercises and inspiring assignments. Recommended to painters and Drawing I students.

55821	VLSC	Th	5:30-8:30p	\$70/\$105	Consalvo
-------	------	----	------------	------------	----------

Jewelry Workshop Level I and II - Create beautiful, one-of-a-kind jewelry by learning how to utilize the tools of the trade, along with beads and sterling silver wire. "Unleash your creative spirit". **Level II a continuation of Level I. Additional fee of \$45 for tools and materials.**

55847	VLSC	T	3:15p-6:15p	\$70/\$105	Gulino
55848	VLSC	Th	3:15p-6:15p	\$70/\$105	Gulino



RESIDENT REGISTRATION STARTS MAY 18TH

Life Drawing with Models— Recommend for students with a minimum of Drawing I experience. This course is designed to give the student a fundamental understanding of the principals of figure drawing. **Additional student fee of \$45 due at 1st class for model fee.**

55850 VLSC W 9a-12p \$70/\$105 Lundquist

Matting & Framing - This matting class will teach the various techniques needed to select the best mat and frame style. Cutting for mats in bevel and straight cuts and assemble them into a pre-made frame. Matting in works in watercolors, drawing, pastels, pictures and other graphic mediums learned in this class.

55854 VLSC Sa 9:30a-12:30p \$70/\$105 Taylor

Mixed Medium - Class will allow you to explore a variety of mediums and strengthen your design abilities. Using acrylic, watercolor, collage papers and stamps, you will create your own personal surfaces and creative projects. These projects will guide you in new directions, whether you are an abstract or realistic process.



56717 PNC Tu 9a-12p \$79/\$119 Scheurich

Oil Painting, Beginning - For students with little or no experience. Focus on developing basic skills, explore color, style and various techniques.

55855 VLSC Tu 9a-12p \$70/\$105 Leonelli

Paint Workshop - Work in Acrylics and Oils. For both Intermediate and more advanced students.

55857 VLSC M 1-4p (7-wks) \$49/\$74 Shapiro

55858 VLSC Th 9a-12p (6-wks) \$42/\$63 Shapiro

Watercolor - Emphasis on basic techniques of color mixing, washes, glazing and more. Good drawing techniques are reviewed. **All Levels welcome.**

55965 GRSC M 1-4p \$70/\$105 Hoech

55879 VLSC W 1:30-4:30p \$70/\$105 Lundquist

55880 VLSC F 9a-12p \$70/\$105 Lundquist

55878 VLSC W 5:30p-8:30p \$70/\$105 Taylor

55881 VLSC S 1p-4p \$70/\$105 Taylor

Foreign Language Courses

French, Beginning - Develop basic French speaking and listening skills from a native instructor. Learn basic sentence structure, pronunciation, and vocabulary. **Course Levels I and II offered at Via Linda Level II a continuation of Level I. Additional fee of approximately \$16 for textbook.**

55832 VLSC F 9:30a-12p \$55/\$82 Gabor

Level II

55834 VLSC Tu 9:30-12p \$55/\$82 Gabor

Spanish I - Course is designed for absolute beginners. This introduction to the Spanish language is designed for those who have never studied Spanish or those who would like more contact with basic Spanish grammar. Taught in a lively and participative style, we will focus on becoming comfortable with speaking Spanish while managing simple tasks such as introductions, shopping and communicating in restaurants and hotels, with a goal of becoming competent in the present tense. **Additional fee of \$12 for textbook.**

55959 GRSC W 12:30-2pm \$55/\$82 Brashears

55960 GRSC Th 5:30-7p \$55/\$82 Brashears

Spanish II - For those who have completed Spanish I or have studied the present tense. Emphasis will focus on the preterite and object pronouns. We will speak in the past tense in situations based on traveling and obtaining services. **Additional fee of \$12 for textbook.**

55961 GRSC Th 7:30-9pm \$55/\$82 Brashears

Spanish III "La Charla Latina" - This conversation group is aimed at intermediate and above level students who are looking for an opportunity to practice their Spanish and using it to discuss Latin American issues. Each week a given theme will be introduced, discussed and appropriate vocabulary provided. Emphasis will focus on Latin America and quick overviews of grammar will be provided as needed.

55962 GRSC W 2:30-4p \$55/\$82 Brashears



Personal Development Courses

Bridge, Beginning - Introduction to the basics of bridge, includes instruction and hands on play.

55808 VLSC W 6:30-8:30p \$38/\$58 Davis

Bridge, Intermediate - Review the basics and then get into conventions and opening leads.

55809 VLSC M 6:30-8:30p \$38/\$58 Davis

Bridge, Advanced - Receive answers to questions about all phases. Extend the bidding and play of the hand to become an accomplished competitor.

55807 VLSC Tu 1:30-3:30p \$38/\$58 Davis

Creative Writing - From exploration of creative ideas to critique of finished writing, we address all genres-poetry to longer fiction and discuss what we read as a background.

55936 GRSC F 9a-12p \$61/\$91 Chorlton

55810 VLSC Tu 12:30-3:30p \$61/\$91 Robertson

Line Dancing, Beginning - For those with no experience in line dancing.

55851 VLSC Tu 9-10a \$35/\$53 Schwarz

"Seniors in Show Biz" - This is your chance to showcase your talent in dance. Join our enthusiastic and talented dancers in a brand new class. In this one-hour class learn new and exciting dances to all types of music. Music from the 1940's, 50's Broadway shows and musicals. This class does not require a partner.



55870 VLSC W 10a-11a \$35/\$53 Schwarz

Mah Jongg, Beginning - The fundamentals and terminology are taught during practice games.

55853 VLSC Tu 1-3p \$49/\$73 Moore

Mah Jongg, Intermediate - For those who understand fundamentals, but want to improve.

55852 VLSC Tu 3-5p \$49/\$73 Moore

Sewing & Alterations - All skill levels welcome. Learn how to sew or improve your sewing skills in a small class setting with individual attention for you and your project. Bring projects you need help with.



55958 GRSC W 1-3p \$54/\$81 Walters

Computer Courses @ Civic Center Senior Center

Computers, Beginning Computers - Designed for students with no experience using a computer. Basic definitions and computer functions are discussed. Develop basic skills using the keyboard and mouse. Computers operate with Windows XP.

55933 GRSC Tu 1-2:30p \$70/\$105 Holman



Computers, Intermediate Computers - Continuation of Beginning Windows with an emphasis on file/folder management, the control panel, tools and utilities, explorer and a brief introduction to the Internet. Course is intended for students who use personal computers at least twice a week.

55943 GRSC Th 3-4:30p \$70/\$105 Futo

Computers, Internet - Learn to navigate the Internet, use e-mail, download files and make purchases. Course is intended for students who use personal computers at least twice a week.

55945 GRSC Th 1-2:30p \$70/\$105 Futo

Computers, Adobe Photoshop Elements - A great introduction to the fantastic software for managing and modifying your images, Adobe Photoshop Elements. The first portion of the 10-week course will focus on getting images, whatever quality they are, from your camera to the Photoshop Elements program. The remainder will focus on Photoshop Elements - an overview of the program, the menu items, storage techniques and sizing your images for email and printing. A basic familiarity with computers is required.

55929 GRSC M 1-2:30p \$70/\$105 Higgins

55930 GRSC M 3-4:30p \$70/\$105 Higgins



Computers, eBay - 5-week course will take you through all the ins and outs of using eBay, but will focus on selling merchandise. Learn how to create an account and sell your own merchandise. A basic familiarity with the Internet is required. **First 5-week course will begin on Tuesday, 6/20/06 and the second 5-week course will begin on Tuesday, 7/25/06.**

55937 GRSC Tu 3-4:30p (6/20) \$35/\$53 Holman

55938 GRSC Tu 3-4:30p (7/25) \$35/\$53 Holman

Computers, Excel - Learn the basics of entering and formatting data, formulas, functions, graphs using the pull down menu system. After the basics are covered, the instruction will discuss types of spreadsheets requested by students. Participants should have a basic familiarity with the Windows operation system.

55939 GRSC W 3-4:30p \$7/\$7 Kurtz

Computers, Keyboarding - Develop the ability to touch-type using proper techniques on a computer keyboard. Learn the valuable skills that will improve computer usage and typing. **Course is 5-weeks, beginning Thursday, March 30th and running through Thursday, April 27th.**

55948 GRSC Th 10:30a-12p \$35/\$53 Holman



Computers, Picasa - In this class, you will learn how to download Picasa™, a FREE program from Google, to manage, edit and share the pictures on your computer. Picasa will also allow you to create CDs and special picture arrangements. Furthermore, learn how to use other FREE programs, Hello™ and Blogger, to instantly share your pictures and post them on your own blog-your personal website. **This is a 2-session course, held on Thursday, May 11th and Thursday, May 18th.**

55951 GRSC Th 10:30a-12p \$23/\$35 Holman

Computer Courses @ Via Linda Senior Center

SeniorNet Computer Courses

** Membership to SeniorNet is required in order to take computer classes. Register to become a member today.

SeniorNet 1-day Specialty Topic Workshops

SeniorNet will be offering a series of 1-day workshops at the Via Linda Senior Center during the summer session. For details and a schedule, contact the Via Linda Senior Center.

SeniorNet Membership

55868 VLSC 1-year membership \$40 per person

55869 VLSC 2-year membership \$60 per person

Computer, Introduction - Part I - Never touched a computer before or haven't used one in years? Not familiar with a mouse or modem? Learn how to identify the main parts of a computer system, plus how to use the mouse and keyboard. This course is a 4-session class (8 hours.)

55844 VLSC M \$30 1p-3p Dates: June 19 - Jul 10

Computer, Introduction - Part II - Basic computer concepts are covered with the use of Microsoft Works Suite including word processing, introduction to Windows operating system, file management, e-mail and the Internet. (Computers Part I or mouse and keyboard familiarity required.)

55846 VLSC T \$30 1p-3p Dates: Jul 18 - Aug 8

Computers, Fun with the Internet - This class will take you beyond the basics. Learn more advanced uses of the Internet. Work with e-mail attachments, downloading, and a variety of searching techniques. You will learn how to use the Internet to make free, or almost free phone calls to anyone almost anywhere in the world. The course uses Internet Explorer and Outlook Express, not AOL. This course is a 4-session class (8-hours.)

55835 VLSC Th \$30 1p-3p Dates: Jul 13 - Aug 3

Computers, Photo Imaging I - Use the Adobe Photoshop Elements software to learn photo retouching and image manipulation. Adjust color, brightness, contrast, move objects within a photo and much more. This is a 4-session class (8-hours.)

55813 VLSC W \$30 1p-3p Dates: Jul 12 - Aug 2



Learn Something New!